



SUNDAY, JANUARY 29, 2023 | FOURTH SUNDAY IN ORDINARY TIME

CELEBRATE CATHOLIC SCHOOLS WEEK!



WELCOME

With joy we welcome all who have gathered here with us to worship God.

“How good to sing praise to our God; how pleasant to give fitting praise.” (Psalm 147:1)

Let us lift up our minds, hearts, and spirits to our loving and merciful God, from whom all good things come.

CONTACT

37588 Fremont Blvd.
Fremont, CA 94536
Parish: 510.797.1660
School: 510.793.3553
Preschool: 510.793.2013
info@holyspiritfremont.org
holyspiritfremont.org

MASS SCHEDULE

Weekend

Saturday: 7:00* & 8:15 am
Saturday Vigil: 5:00 pm
Sunday: 7:15 am
9:00 am* | 10:45 am*
12:30 pm | 5:00 pm

Weekday

Mon.-Fri.: 7:00* & 8:15 am
Wednesday: 6:30 pm
First Friday: 6:30 pm

*Masses are livestreamed on our Facebook page and YouTube channel.

BE SPIRIT FILLED AND MAKE DISCIPLES!



WORSHIP

OUR VISION

Be a flourishing community of intentional disciples shining as beacons of Christ.

Confession

Saturday: 3:30 pm
Thursday before First Friday:
3:30 pm
Weekdays: call for an appt.

Eucharistic Adoration

Visit the Adoration Chapel in the Governo House.
Mon. to Fri.: 6:00 am to 12:00 pm
Sat.: 9:00 am to 1:00 pm
Sun.: 12:00 to 5:00 pm

Anointing of the Sick

First Saturday at 12:00 pm (except if it falls on January 1). All seniors and those who are seriously ill or anticipating surgery are invited to attend.
Next Mass: February 4, 2023

Sacraments

For Baptism, First Communion, Confirmation, Adult Sacraments, Marriage, Anointing of the Sick or Funeral, contact us at 510.797.1660 or holyspiritfremont.org

First Friday Mass

Adoration of the Blessed Sacrament at 5:30 pm immediately followed by Mass
Next Mass: February 3, 2023

Mass Intentions

To request a Mass, contact us at info@holyspiritfremont.org or 510.797.1660

New to Holy Spirit?

Welcome! To register, contact us at info@holyspiritfremont.org or go to holyspiritfremont.org/join-our-community

Interested in Catholicism?

To learn about the Catholic faith, please call 510.456.4975

SUNDAY, JANUARY 29 | FOURTH SUNDAY IN ORDINARY TIME

Zep 2:3; 3:12-13/Ps 146:6-7, 8-9, 9-10 (Matthew 5:3)/1 Cor 1:26-31/Mt 5:1-12a

- 5:00 pm Ric & Mary Catapang, † Joseph & Catherine Rowe, † Luis Amaral, † Francisco B. Quesada, † Souls in Purgatory (Vigil Mass)
- 7:15 am Sherie Mae Robino, † Felisa Aguilan
- 9:00 am Mary Grace Froula, † Ememorita Gonzales, † Antonio Estrellanes, † Ruben Real
- 10:45 am Espiritu Family, Cathy Kennedy & Family, Marco & Jurisha Tambaoan, † Mariano & Steven Ladrillono
- 12:30 pm Almeida Family, Amabella Pangan, † Angel Salindong, † Ruben Real
- 5:00 pm For the People of Holy Spirit Parish

MONDAY, JANUARY 30 | MONDAY OF THE FOURTH WEEK IN ORDINARY TIME

Heb 11:32-40/Ps 31:20, 21, 22, 23, 24/Mk 5:1-20

- 7:00 am Grace Villo-Robbins, † Bud Francis, † Bienvenido Soriano
- 8:15 am Alex, Amy Nitafan & Family, † Nikha de Guzman and family, † Felisa Aguilan

TUESDAY, JANUARY 31 | MEMORIAL OF SAINT JOHN BOSCO, PRIEST

Heb 12:1-4/Ps 22:26b-27, 28 and 30, 31-32/Mk 5:21-43

- 7:00 am † Katrina Hizon, † Marina & Virgilio Concepcion, † Jose Tanega Lubag
- 8:15 am † Christine Vu, † Amphy Borillo

WEDNESDAY, FEBRUARY 1 | WEDNESDAY OF THE FOURTH WEEK IN ORDINARY TIME

Heb 12:4-7, 11-15/Ps 103:1-2, 13-14, 17-18a/Mk 6:1-6

- 7:00 am Sonia Matthew, † Alma Dela Cruz
- 8:15 am Rowena Ignacio, † Josefina Casabar, † Joefrey Bulabon
- 6:30 pm Myrna A. Adriano, Elizabeth Tran Aguirre, † Andy Chan

THURSDAY, FEBRUARY 2 | FEAST OF THE PRESENTATION OF THE LORD

Mal 3:1-4/Ps 24:7, 8, 9, 10/Heb 2:14-18/Lk 2:22-40 or 2:22-32

- 7:00 am † Jamie, Cesar, Benedicto & Felicidad Concepcion
- 8:15 am † Nikola Bacica, † Cresencio & Remedios Salindong

FRIDAY, FEBRUARY 3 | FRIDAY OF THE FOURTH WEEK IN ORDINARY TIME

Heb 13:1-8/Ps 27:1, 3, 5, 8b-9abc/Mk 6:14-29

- 7:00 am Ofelia Marquez, † Domingo Marquez
- 8:15 am Johnny Vu, † Venancia & Fernando Datu
- 11:00 am Augustine Cole
- 6:30 pm For the People of Holy Spirit Parish

SATURDAY, FEBRUARY 4 | SATURDAY OF THE FOURTH WEEK IN ORDINARY TIME

Heb 13:15-17, 20-21/Ps 23:1-3a, 3b-4, 5, 6/Mk 6:30-34

- 7:00 am Penelope Peralez, † Remedios Carreon, † Terri Phan
- 8:15 am Tai Vu & Men Pham, † Eugenia T. Mano, † Terri Phan
- 12:00 pm For the People of Holy Spirit Parish



FIRST READING

But I will leave as a remnant in
your midst
a people humble and lowly.
(Zep 3:12)



PSALM

Blessed the poor in spirit; the
kingdom of heaven is theirs!
(Ps 146)
Or Alleluia.



SECOND READING

Rather, God chose the foolish of
the world to shame the wise,
and God chose the weak of the
world to shame the strong.
(1 Cor 1:27)



GOSPEL

“Blessed are the poor in spirit,
for theirs is the kingdom of
heaven.” (Mt 5:3)

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.
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GOSPEL MEDITATION

Encourage Deeper Understanding of Scripture

In my parents' bedroom there were on the wall two photos of my mom and dad from their early adulthoods. The photo of my mother entranced me when I was a boy. I loved looking at it, even though I saw her in daily life. Something about that picture captured her perfectly. It was an image of the joy, wisdom, beauty, and strength that enveloped me from the start of my life. It was an icon of the woman who fed, taught, and encouraged me. I felt a deep pride that I came from such beauty.

The beatitudes of Jesus are a kind of self-portrait. But it is a strange picture. At first, the blessings of being poor, mourning, and hungering and thirsting for righteousness may seem bizarre or, worse, a religious delusion. Who wants to look like *that*? But if we look again, we begin to see the characteristics of Jesus' form. He becomes poor and fills it with his riches for us, he weeps and mourns for us, and fills it with his joy, he hungers and thirsts for us to be righteous, and so satisfies us. And so on. It's the way he appears on the cross.

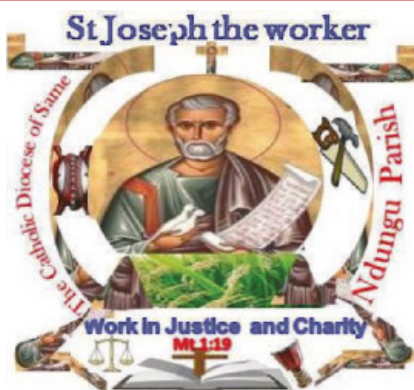
Perhaps we should put on our bedroom room walls the words of the beatitudes next to a crucifix of the Lord Jesus. Then we can do what the beatitudes are designed for, to gaze at the joy, wisdom, beauty, and strength of the one who is our origin, and who is with us every day. And little by little, we'll start to look like him.

— *Father John Muir*





SERVE



St. Joseph the Worker: Sister Parish Dispatch

Last month, we wired \$32,502 for 73 students and \$3,173 for 8 adult vocational students to the Diocese of Same for the 2023 school year scholarships, benefitting children and young adults of St. Joseph the Worker.

I would like to thank you so much for your donations during the year! I am always humbled by the contributions that you make to our Sister Parish as you live out our Parish Prayer, "... united in faith, mission and service."

I hope you know how much those families appreciate your support and what a blessing it is in their lives.

~ Amy Wilhelm

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St. Vincent de Paul Food Pantry



Heading to the store this week? Consider picking up a few items for our SVdP food pantry. Here's this week's grocery wish list:

- ⇒ Canned Green Beans
- ⇒ Chef Boyardee / Canned Pasta
- ⇒ Pork & Beans

Please drop off non-perishable food donations at the Parish Office during regular business hours or Governo House on Saturdays, 9:00-10:00 am only. **Do not leave donations outside.** Please note: We do not accept perishable, fresh foods (e.g., meats, produce, dairy, etc.). All food donations must be in factory sealed packages and/or containers. **PLEASE, NO EXPIRED FOOD.** Thank you for your support! For information or assistance: 510.797.3672

Second Collection: Holy Spirit School January 28-29, 2023

As we mark Catholic Schools Week, this weekend's Special Collection benefits our Holy Spirit School.

Proceeds benefit programs such as tuition assistance, staff development, after-school activities, etc.

Please be generous! Thank you for your support.

Flower Fund

We are accepting donations towards floral arrangements for our church sanctuary. You may drop off your donation at the Parish Office or send by mail.

For information or special requests such as dates, colors, or events (e.g., anniversary, birthday, memorial, etc.), please text Judy Young at 510.378.1933.

Jan.22 ... In Memory of Veronica Nicholas

Giving

Corner

Sunday, January 15	\$31,084
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Special Collection coming up:
Ash Wednesday | February 22

Our pledged weekly amount (excluding special collections):
\$31,963

PLEASE CONSIDER ONLINE GIVING

Please visit our parish website at <https://holyspiritfremont.org/give/> to enroll in Online Giving or Text-to-Give. For assistance with registration, please contact OSV at 800.348.2886 or our parish helpline at 510.456.4969.



HERE'S THE WORD...

A Brief Commentary on the Gospel

4th SUNDAY IN ORDINARY TIME (Cycle A): Matthew 5:1-12a
Theme: The Discipleship of the Faithful Remnant

In the **First Reading**, God's prophet, Zephaniah, called the covenant people to repentance. He reminded the Israelites that the threat of Yahweh's "Day of Judgment" did not preclude the hope of conversion and the salvation of the humble who submitted themselves to God. The Bible often mentions the humble and oppressed poor of the earth and identifies them by the Hebrew word **aniyim**. In Zephaniah's message, like Jesus' teaching in the Beatitudes (Gospel Reading), the identity of covenant members who are humble and obedient assumes a moral and eschatological significance. They possess the spiritual attributes in which a professing believer submits to the will of God and obediently follows His commands, persevering in hardships to remain God's "faithful remnant."

In the **Second Reading**, St. Paul tells the church at Corinth that God calls us to discipleship and gives each one who answers the call a vocation. He emphasizes that the initiative lies with God, telling them three times that He has chosen them and did not base His choice on human standards of wisdom or status. Paul reminds the Corinthians that God is the source of their life in Christ Jesus, and the response to God's call makes a person a member of Christ's Body through the Sacrament of Baptism. And, if a disciple is humble in submitting himself to the gift of God's grace, they will gradually become more and more Christ-like. Therefore, we shouldn't boast of our works on behalf of Christ because our good deeds result from Christ working through us.

In the **Gospel Reading**, Jesus teaches us the blessings of the Beatitudes, the spiritual attributes for everyone who answers God's call to be Jesus Christ's disciple. Like the passage in the First Reading, the Beatitudes have a spiritual message and an eschatological fulfillment. They promise eternal blessedness and salvation but not in this world. The eternal nature of the promised blessings of the Beatitudes was not possible under the sacramental system of the Old Covenant Church. The Law of Moses could only identify sin but could not promise everlasting salvation (see Catechism of the Catholic Church #1716-1724; 1961-64). The Beatitudes are the blueprint for a radically transformed life in the Spirit of God. Attaining the perfection of each of the Beatitudes is a step forward on the road to eternal salvation.

Throughout salvation history, there has always been a remnant of God's covenant people who have persevered in faith and obedience to maintain their covenant relationship with the LORD. Furthermore, the faithful remnant always provided a model of behavior for their generation in submitting their lives to God in humility and poverty of spirit. These attributes do not refer to social status or material wealth but to the inner qualities in which a person humbly submits to God's sovereign authority over their life and admits to "poverty of spirit" (in contrast to a proud and willful spirit) that they love God above all else.

The Virgin Mary identified herself among the humble poor with these same spiritual attributes in her canticle of praise, the Magnificat. So likewise, Jesus included these spiritual goals in the Beatitudes (this Sunday's Gospel reading) and identified Himself with them when He said, "Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves (Mt 11:29). Through the discipleship of the faithful remnant in every generation, the Church, in the history of the Old Covenant people of God and today in the New Covenant Kingdom of the Jesus Christ, persists in fulfilling her mission.

"And the Word was made flesh...and dwelt among us."

Peace and Blessings,

Fr. Ken



Please note: Our prayer list is refreshed every week. Feel free to contact us to include your loved one. Go to <https://holyspiritfremont.org/request-a-prayer/> or call the Parish Office at 510.797.1660

Pray for Our Sick

Jorge Trevino, Jr., Bernie Hoercher, Cameron Chou, Cathy Sanchez, Maribel Co, Jerry Soto, Dylan Soto, Inez Moran, Ernest Ho

Pray for Our Recently Departed

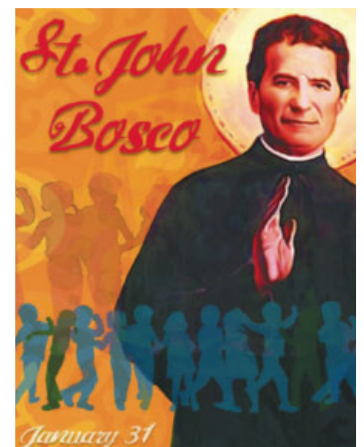
Rodolfo Pelimiano, Pamela Rhodes, Teodosio Andel Dino, Purita Javidando, Leticia Dicioco, Karly An Gurule

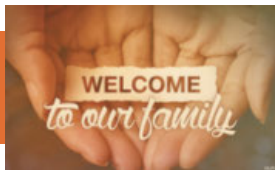
Birthday Blessings

Raymundo Roque, Edward Letona, Danny Devera, Samantha David, Christina David, Raymond Quilalang

Wedding Anniversary Blessings

Ric & Mary Catapang





INVITE

Donate to Abode Services

January 28-29, 2023 | St. Francis Plaza

MJ Johnson and Amy Wilhelm, our parish representatives on Abode's Winter Relief Rapid Re-Housing Committee, are collecting much-needed household items and personal hygiene products after all the Masses, all of which will go to the less fortunate in our community.

Donations may include: laundry baskets, mops, brooms, laundry detergent, bleach, dryer sheets, paper towels, napkins, sponges, dish soap, gloves, toilet scrub brushes, toilet cleaners, window cleaners, surface cleaners, bath soap, liquid hand soap, toothbrushes, toothpaste, etc.

Your generosity as always is very much appreciated.

Holy Spirit Grandparents Club Membership Drive

January 29, 2023

Holy Spirit Grandparents Club invites you to be part of this wonderful ministry! Visit us in St. Francis Plaza this Sunday after the 9:00 am Mass. For more information, contact: Nancy 510.673.3168; Cynthia 510.378.2083; Pat 510.468.7321. We look forward to seeing you!

"Into the Breach"

February 1, 2023 | 9:00 am | Fireside Lounge

Men of the parish, join us for our "Into the Breach" video series! This month's topic is "LIFE". Don't miss out on this meaningful discussion and fellowship. For more details, contact albert.leano@gmail.com

First Friday

February 3, 2023

We invite you to join us for First Friday Mass:

- 7:00 am ... Mass
- 8:15 am ... Mass
- 5:30 pm ... Adoration of the Blessed Sacrament
- 6:30 pm ... Mass

Mass & Anointing of the Sick

February 4, 2023 | 12:00 pm

We invite our parishioners who are ill or anticipating surgery to join us for Mass and Anointing of the Sick.

Filipino Society Food Sale

February 5, 2023 | Parish Center

The Filipino Society will be hosting their \$7 meal deal next Sunday after the morning and 12:30 Masses. Stop by the Parish Center and get a great meal at a deal. Proceeds benefit parish special projects. We thank you for your support.

Ministry Lead Meeting

February 7, 2023 | 6:30 pm

Please join us for our next in-person Ministry Leads meeting in the Peace Center. The meeting should last approximately 45 minutes. If the lead member(s) can not attend the meeting, kindly request a representative to take your place.



Gracelyn, Sophia

Join us as we celebrate Catholic Schools Week here at Holy Spirit Fremont! January 29 to February 4, 2023

We welcome you to Holy Spirit School!

Open House
January 29, 2023
10:00 am to 1:00 pm



AROUND THE PARISH



Sanctuary Candles - \$7 Each

Purchase your candles—just in time for Candlemas on February 2, 2023—and have them blessed at Mass! The candles are made of beeswax and burn up to 5 days. Stop by the Parish Office during regular business hours or see one of our sacristans in the Sacristy after Mass.

National Marriage Week February 7-14, 2023

The observances of National Marriage Week (February 7-14) and World Marriage Day (Sunday, February 12) are an opportunity to focus on building a culture of life and love that begins with supporting and promoting marriage and the family.

Here at Holy Spirit, we will be blessing all our married couples at all the Masses on Saturday, February 11, and Sunday, February 12.

Holy Spirit School Crab Feed

February 25, 2023 | 4:30 pm
Parish Center

Save the date! Holy Spirit School Crab Feed is BACK! Join us for the return of our annual fundraiser. Enjoy fellowship and good food! Only \$80.00 per person for all-you-can-eat crab! For more info, contact us at HSSCrabFeed@gmail.com

Memorial Altar Photos

If you placed a photo of your deceased loved on the November Memorial Altar, please stop by the Parish Office to claim your picture. Unfortunately, due to a lack of space, we will only keep the remaining photos until January 31, after which they will be disposed of.

World Day of the Sick Mass February 11, 2023 | 11:00 am The Cathedral of Christ the Light Oakland

Pope John Paul II promulgated the World Day of the Sick on February 11, 1992. It is a way for believers to offer prayers for those suffering from illnesses.

The day coincides with the commemoration of Our Lady of Lourdes and is a time for those who serve in Catholic health ministry to reflect on caring for those who are sick as well as those who provide care to them.

To mark the 31st Annual World Day of the Sick, join Archbishop Salvatore Cordileone and Bishop Michael C. Barber, SJ as they concelebrate Mass for those seeking God's grace and mercy.

All are invited, all faiths—especially all those suffering and caring for sick, all those seeking God's grace and a life filled with goodness, truth, and beauty.

Parish Office

Mondays to Fridays
9:00 am to 4:00 pm
Saturdays
9:00 am to 12:00 pm
Sundays
9:00 am to 2:00 pm

Parish Gift Shop

Sundays
8:30 am to 2:30 pm

Parish Library

Sundays
9:00 am to 12:30 pm

Clergy

Fr. Kenneth L. Sales, Pastor
510.456.4964

Fr. Peter Lawongkerd,
Parochial Vicar
510.797.1660, ext. 206

Fr. Edilberto Castañas,
Parochial Vicar
510.456.4965
Fr. Frank Kuwornu
In Residence

Dn. Rigo Cabezas,
Dir. of Rel. Ed.
510.456.4975

Dn. Chuck Glover,
Pastoral Care
510.789.8652

Dn. Steve Lewellyn, RCIA
510.797.1660

Dn. Bernard Liwanag
510.797.1660

Dn. Tim Roberto, RCIA
510.598.7408

Dn. Richard Yee (retd.)

Departments

Business/Maintenance
Jeff Van der Sluis
510.456.4970

Safe Environment
Peter Scampavia
510.456.4968

Facilities Scheduling
Roselyn Jose
510.456.4995

Faith Formation &
Youth Ministry
510.456.4974

Music
Paul Orella
510.673.3873

Table of Plenty

Do you or someone you know have a fruit tree? We are looking for donations of fruit of whatever you have that is in season (like citrus fruits). Please drop off donations at the Parish office and mention that they are for Table of Plenty. Your generosity will be greatly appreciated by our guests.





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